# HOW TO COPE WITH YOUR PICKY EATER

A picky eater will eat just a few foods and does not want to try new foods.

Almost every child goes through a stage like this. It is not easy for the parents.

It is especially hard if the child's growth slows down, too.

## WHAT MAKES A CHILD PICKY?

Every child is different, of course. Some need the extra attention they get by being picky. Others are going through that independent stage around 2 years old. Some really do hate the taste of certain foods.

#### WILL YOUR CHILD OUTGROW THIS?

Yes, your child will probably eat just about everything soon. So try to relax about this.

- Do your job of providing healthy foods at regular meals and snack times.
- Let your child do his or her job—eating—without too much pressure.





# WHAT CAN YOU DO?

Here are some things to help you with your picky eater.

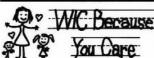
- Expect that your child will use food to try to get some control over his or her world. Expect some battles. Try not to be too strict or too easy.
- Expect children to eat small amounts of food. Are they growing well? That is the real test.
- Expect children to want candy, chips and sweet drinks instead of healthy food and milk. You must set limits and make rules. It's part of your job.
- Expect your child to be almost too busy to eat from about 2 to 4 years old. Do things to slow them down before meals. Try a story or quiet time.
- 5. Let your child see a new food a few times. Then see if you can get them to taste it.
- 6. Serve a very small amount of a new food next to a favorite food.

## WHAT NOT TO DO

- Don't make eating into a battle.
- Don't beg your child to eat.
- Don't threaten your child with what you will do if he or she doesn't eat.
- Don't give just about anything to get your child to eat.
- Don't jump up and cook something else to get your child to eat.

Ask to talk to a nutritionist for more ideas.





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